



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Full Report (All Nutrients) 01199, Cream, half and half, fat free

Report Date: July 11, 2017 14:30 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Nitrogen to Protein Conversion Factor:6.38

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	2.0 tbsp 29g	1 pint 484g
<strong>Proximates</strong>						
Water	g	86.00	1	--	24.94	416.24
Energy	kcal	59	--	--	17	286
Energy	kJ	247	--	--	72	1195
Protein	g	2.60	1	--	0.75	12.58
Total lipid (fat)	g	1.40	1	--	0.41	6.78
Ash	g	1.00	1	--	0.29	4.84
Carbohydrate, by difference	g	9.00	1	--	2.61	43.56
Fiber, total dietary	g	0.0	1	--	0.0	0.0
Sugars, total	g	5.00	1	--	1.45	24.20
Starch	g	0.00	--	--	0.00	0.00
<strong>Minerals</strong>						
Calcium, Ca	mg	96	1	--	28	465
Iron, Fe	mg	0.00	1	--	0.00	0.00
Magnesium, Mg	mg	16	--	--	5	77
Phosphorus, P	mg	151	--	--	44	731
Potassium, K	mg	206	--	--	60	997
Sodium, Na	mg	100	--	--	29	484
Zinc, Zn	mg	0.81	--	--	0.23	3.92
Copper, Cu	mg	0.016	--	--	0.005	0.077
Manganese, Mn	mg	0.002	--	--	0.001	0.010
Selenium, Se	µg	2.9	--	--	0.8	14.0
Fluoride, F <sup>1</sup>	µg	3.0	9	--	0.9	14.5

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	2.0 tbsp 29g	1 pint 484g
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	0.7	1	--	0.2	3.4
Thiamin	mg	0.056	--	--	0.016	0.271
Riboflavin	mg	0.237	--	--	0.069	1.147
Niacin	mg	0.124	--	--	0.036	0.600
Pantothenic acid	mg	0.459	--	--	0.133	2.222
Vitamin B-6	mg	0.062	--	--	0.018	0.300
Folate, total	μg	4	--	--	1	19
Folic acid	μg	0	--	--	0	0
Folate, food	μg	4	--	--	1	19
Folate, DFE	μg	4	--	--	1	19
Choline, total <sup>2</sup>	mg	15.0	--	--	4.3	72.6
Betaine <sup>2</sup>	mg	0.7	1	--	0.2	3.4
Vitamin B-12	μg	0.52	--	--	0.15	2.52
Vitamin B-12, added	μg	0.00	--	--	0.00	0.00
Vitamin A, RAE	μg	12	--	--	3	58
Retinol	μg	12	--	--	3	58
Carotene, beta	μg	3	--	--	1	15
Carotene, alpha	μg	0	--	--	0	0
Cryptoxanthin, beta	μg	0	--	--	0	0
Vitamin A, IU	IU	43	--	--	12	208
Lycopene	μg	0	--	--	0	0
Lutein + zeaxanthin	μg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.04	--	--	0.01	0.19
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	μg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	μg	0.2	--	--	0.1	1.0
<b>Lipids</b>						
Fatty acids, total saturated	g	0.841	--	--	0.244	4.070
4:0	g	0.045	--	--	0.013	0.218
6:0	g	0.027	--	--	0.008	0.131
8:0	g	0.016	--	--	0.005	0.077

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	2.0 tbsp 29g	1 pint 484g
10:0	g	0.035	--	--	0.010	0.169
12:0	g	0.039	--	--	0.011	0.189
14:0	g	0.141	--	--	0.041	0.682
16:0	g	0.368	--	--	0.107	1.781
18:0	g	0.170	--	--	0.049	0.823
Fatty acids, total monounsaturated	g	0.384	--	--	0.111	1.859
16:1 undifferentiated	g	0.031	--	--	0.009	0.150
18:1 undifferentiated	g	0.352	--	--	0.102	1.704
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.052	--	--	0.015	0.252
18:2 undifferentiated	g	0.032	--	--	0.009	0.155
18:3 undifferentiated	g	0.020	--	--	0.006	0.097
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	5	1	--	1	24

#### Amino Acids

#### Other

Alcohol, ethyl	g	0.0	1	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

#### Sources of Data

<sup>1</sup>Robert Ophaug Fluoride, Unpublished - Ophaug, Microdiffusion

<sup>2</sup>Nutrient Data Laboratory, ARS, USDA Choline Study, Local pickup UNC, NFNAP, 2003 Beltsville MD